

HOW TO USE DECADE THIRTY'S HABIT TRACKERS

Each habit tracker has the same basic anatomy

The numbers represent the days of the week. For example, 1 is the first day of any month you choose

Space to write the specific habit you are tracking

Decade Thirty Creations Habit Trackers are available on Etsy. If you would like to incorporate my designs in your personal tracking system (i.e. draw them in yourself) and post pictures on social media, please ensure you credit the design to my website (www.decadethirty.com), my Instagram (@decadethirty) or my Pinterest (@decadethirty). Please do not reproduce these habit trackers (e.g. digital or handwritten) and sell for profit.

Step-by-step how to

- Write your habit in the task box.
- Block out any days that you do not want to track your habit. The example here is tracking the habit over 5 days instead of every day.
- Each time you complete your habit, block it out with your choice of colour. I prefer to block it out in grey pen or highlighter.
- If you forget to or do not complete your habit for a particular day, mark it with an "X".

A habit tracking suggestion

Starting a new habit can be daunting at the best of times. When you start, you might go into it guns blazing and then by day 3 or day 23, you've lost steam. There are heaps of books out there to help with these times to keep you on track, and the suggestion below is just one way that I have tracked my habits in the past.

To minimise feeling overwhelmed, I limit my habit making to 2-3 habits in any given month. I use the daily habit tracker in my monthly pages to mark off each time I achieve that habit for that particular day. I also use a master habit tracking list. (see below) The habits are listed to the left with the months running along the top. After each month, I write down the number of days that I've achieved in doing that habit. Once I have a full month written across three months, then I take the habit off my daily tracking because, well, it's not part of my routine and life! If I'm consistently getting low numbers on a habit, then I simply re-evaluate and think about whether it's a habit that I can truly accomplish. Look back on the reasons why you want to have it as part of your life and come up with some strategies to help you keep on track. Sometimes having an accountability partner can help!

MASTER HABIT TRACKER	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Floss	7	15	25	30	31	30						
journalling	5	3	8	12	1	5	7	9	0	0	4	0
Logbook	20	25	10	27	31	18	31	31	30			